Exploration 27 Affirmation

I am much more than my physical body.

Because I can perceive that which is greater than physical matter reality,

it is my intent through these explorations

to contribute to the expansion of human consciousness

by experiencing and acquiring knowledge

of the realms beyond ordinary consciousness.

It is my intent to observe and bring into conscious awareness

the process of bridging these realities.

In so doing I ask for help to be open,

allowing, and serene in perceiving clearly,

responding appropriately, and carrying out my intent of service.

For his help I am truly grateful.

I carry out this intent

Empowered by the energy of my companion travelers,

and acknowledgement of our Oneness in Love.